St. Michael's College

Winooski, Vt. 05404

The Defender

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The St. Michael's College Marching Saints Drill Team brought two trophies back with them from the 3rd annual Malone Winter Carnival in Malone, N.Y. For more photos, turn to page 7. *(photo by Bernie Dagenais)*

8 get tenure; 2 miss out

by Michael Knott
Managing Editor

In December the administration granted the security of tenure to eight of the college's teachers. Two applicants; however, were denied it.

Teachers to whom the college has extended permanent positions are: Patricia Thomas, the Rev. Richard Berube, J. Francis Merriman, Thomas Oates, Linda Halsted, John Carvellas, Richard Gamache and Lance Richbourgh.

These teachers now have the promise that they can't be fired except for "moral turpitude" or "gross negligence" of their responsibilities.

The two teachers whose applications were refused are Terrence Tilley and Richard Raquier. Tilley, who has only been at St. Michael's four years, applied for early tenure. The normal time before a professor is evaluated for tenure is six years, so Tilley will have a chance to reapply.

Raquier's denial of tenure, though, means he'll be dismissed from the college at the end of this semester.

The significance of tenure is hazy, even to many faculty members. It comes with no guarantee of a raise or of promotion.

Halsted, hired in January 1982 to chair the newly formed computer science department, said, "The advantages are reflected in how the faculty view" their peers, but tenure is "not really that important."

Anyone applying for tenure is reviewed by a committee of faculty members who read evaluations written by the department chair and anyone asked by the applicant. The committee then makes its recommendation to the academic dean, who in turn leaves the final decision to the president.

Where the final decision is made, and why, is difficult to pin down. "The evaluation procedure is set up in a way that's not very explicit," Carvellas said, who was denied tenure earlier in his career but reapplied after finishing his doctoral work.

Carvellas is happy with having tenure now, though he said it's at best a "philosophical protection" of a teacher's freedom.

Gamache, who has been at the college as a teacher and administrator of the International Students Program, said the value of tenure is in the "permanence and commitment. Psychologically, it's a real good feeling" knowing the college sees a teacher as "a valuable person," Gamache said.

Since the college's policy is not to divulge the reasons behind any tenure decision, it's impossible to know why certain teachers receive it and others don't.

Tilley's case is particularly cryptic. This is his fourth year here and his tenure application drew from his teaching experience here as well as at his previous job.

Tilley said the letter from President Edward Henry denying his tenure application gave the reason that he hadn't "fulfilled the maximum number of years" at the college to be evaluated.

Tilley said he hadn't received any more specific details on the decision, but said he was "distressed" at being denied.

Tilley is confident about the future. "I have no serious doubt that I will be granted tenure," he said.

Regarding the evaluators, Tilley said, "On the whole I think they are meticulous, but perhaps they could use more formal student evaluations."

Student evaluations of faculty are not required, but the teacher may submit them as part of the file. This can lead to a filtering out of anything negative.

Although Tilley has a doctorate, he is only an assistant professor and thought tenure would improve his chances for promotion to associate professor. "I believe I should have been granted tenure," he said. "It's a guarantee of academic freedom."

Many agree with him. Francis Nicosia said he was "astounded, dismayed and shocked" at the Tilley decision. I can't understand it—not for the life of me."

Since Raquier's fate is sealed, he is free to speculate why he didn't receive tenure. "The major contributing factor was that I was not recommended by the department chairman," Raquier said. The chairman is Oates, who did receive tenure.

Conflict within the journalism department goes back at least to February 1982, when Oates, after observing Raquier for six months, sent a required evaluation to Academic Dean Ronald Provost.

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Soviet envoy blasts U.S. nuclear policy

by John Cotter
News Editor

Soviet diplomat Vadim I. Kuznetsov blamed United States defense policy for the buildup of nuclear weapons by the two superpowers last Wednesday evening before an overflow crowd in the University of Vermont Marsh Life Science building.

Kuznetsov's charge was a response to statements made by Jerry Stacey of the American Arms Control Agency in defense of the Reagan administration's strategy of deterrence.

Stacey said that Reagan's plan was based on making the risks of nuclear attack on the U.S. "far outweigh the gains."

Stacey outlined a two course plan that the administration is following in order to achieve this goal. The first course involves modernization and replacement of older equipment. "Our ability to deter a Soviet attack is eroding," he said. "it is essential that we give the Soviets no incentive [to attack] ."

The second phase, he explained, is arms control. Stacey said the Reagan administration "strongly believes" in negotiating for a reduction in nuclear arms. Stacey pointed to Reagan proposals of cutting ballistic missle stockpiles on both sides as evidence.

Stacey added that a freeze at current levels would be unacceptable because it would "perpetuate the current imbalance" in favor of the Soviets. He called a freeze a "wide detour to a dead end."

Kuznetsov tore into the deterrence policy saying the U.S. was trying to recapture the position of world influence it held in the 1950's.

"The irrefutable facts," he said, point out that "the arms race has its roots in American soil." Soviet nuclear buildup has been a "reply to U.S. action at every turn."

Kuznetsov said that U.S. nuclear escalation was and is done under "the false pretense of a Soviet threat."

"The logic [of Reagan's deterrence plans] is more than strange, and more importantly, has no relation to reality," he said.

Kuznetsov harshly criticized Reagan's proposals on arms reduction with regard to ballistic missiles. "The U.S. would insure for itself a three-fold superiority" under Reagan's proposals.

Kuznetsov asserted that 70 percent of the Soviet nuclear capability is in ballistic missiles while 80 percent of the U.S. supply is invested in submarines and bombers.

Kuznetsov called the Reagan proposal "a plan for the unilateral disarmament of the Soviet Union."

Instead, Kuznetsov said, the Soviet Union would prefer a freeze followed by across-the-board reductions on all types of nuclear weapons.

The two speakers were sponsored by the UVM Nuclear Disarmament Coalition and S.A. Speakers.

Costs outpace average

by Chris Cosentino
Staff Reporter

"This year we are about $400 higher" than the national average for independent institutions and "we are $2,300 higher than the reported Catholic college average," President Edward Henry reported to the trustees last October. The Report of the President to St. Michael's College Board of Trustees also stated, "only the strongest most competitive colleges survive and they will be serving a higher income clientele."

The mission of St. Michael's College is "to provide a liberal education in the light of the Catholic faith and its developing tradition." Student Association President John Egan, referring to the president's report, said, "I think we're moving away from our Catholic tradition." He said 80 years ago the college was trying to educate the needy. Henry's report states, "St. Michael's now draws heavily from middle- and upper-class families."

Kevin Bernier, freshman class president, said that only having one Edmundite on the Planning Council is an example of how the school is slipping away from its tradition. "Why not kick out the Edmundites and make it (the college) a business?" Egan said.

Within three days the Board of Trustees will vote on the tuition issue. Dean of Admissions Jerry Flanagan, estimates there will be a hike of eight to 10 percent, about $600 to $800.

The effect on the present St. Michael's student to attend next year should not be hampered, according to Madeline Yandow, director of financial aid. She said the average unmet need of $2500, which can be met through a Guaranteed Student Loan, should be maintained.

Stephen Welch, a second-year student said he isn't on financial aid and his parents can afford to pay an increase but, "I don't think it's worth the price because I can get just as good an education somewhere else, cheaper. It's really a shame because I really like it here."

Karen DeLorenzo, a third-year student said that so far she thinks the college has been worth the money, but if she wasn't going into her last year she would probably transfer.

Egan said if he knew the tuition would rise $2600 while he was here he never would have attended. "It's the biggest psyche game in the world," he said. If it (tuition) goes up $600 everyone will pat themselves on the back because it's not $1,000.

Resident Director Phyllis Cietek who has been a resident of St. Michael's for six years, said, "The student body has become more homogenous as the tuition has gone up."

The emphasis the school places on marketing comes from the fear the administration has about lack of future enrollment. A 40 percent drop in New England high school graduates within the next 11 years predicted in the Long Range Planning Report is the basis for the fear. It's also the basis for many of the school's financial policies.

Flanagan said if St. Michael's was substantially less in cost than its competitors it would have a negative affect on the marketing of the school.

Flanagan said there are fewer lower income students now because the tutition is high enough to scare them away from even applying.

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Christians lobby for social-program funds

by Sean Conlon

The problem of world hunger could eventually be solved with a readjustment in U.S. governmental policy, said a regional coordinator for a Christian lobbying group.

"Basically, hunger is a public policy issue," Marlene Kiingati of Bread for the World said. "People are hungry because we choose to make less money available for aid." She pointed out that while a meal served at the Pentagon is subsidized by about $13, a food stamp recipient gets, on average, $ .43 per meal.

The public must educate itself, and take a more active role in the budget-making process through voting and writing Congress, Kiingati said. "We have to start looking at budgets as moral decisions, and not just numbers on paper."

This year, Bread for the World hopes to see the trend of cutting social spending from the budget in favor of the military reversed, Kiingati said. The group's primary goal is to get the Preventing Hunger at Home Resolution passed by Congress. The resolution is a statement of commitment by Congress to adjust food aid with inflation, retain food aid under federal jurisdiction,and restore the WIC (Women, Infants, and Children) program to pre-Reagan levels.

The reducing of the WIC program has been one of the most detrimental, and least understandable of the Reagan cuts, Kiingati said. The program provides pregnant women and children up to two years old with nourishment in order to prevent malnutrition. A Harvard Medical School study found that for every dollar spent on WIC, the government saves three on later medical costs, Kiingati said.

Though the resolution will not have the effect of law, Kiingati said, "It will put Congress on the line as standing for these three things." Bread for the World will try to hold Congress to the resolution, if passed, when this year's federal budget is drawn up.

The government is not only responsible for domestic hunger, the lobbyist said, but causes starvation in other countries with its foreign policy. Foreign nations are encouraged to raise a single cash crop. Land used to raise sustenance is turned over to grow coffee or bananas. When a bad season hits, or the world market for the product is flooded, the peasant family is the one who suffers most, Kiingati said.

U.S. foreign aid does little to alleviate the problem, Kiingati added. Eighty percent of foreign aid goes to military expenditures. Of the remaining 20 percent, only a quarter reaches the poor. That's only 5 percent of all U.S. foreign aid. The bulk of foreign "social aid" goes to industries and businesses in order to shore up foreign economies, Kiingati said. The government reasons that the poor will eventually benefit through the "trickle-down" effect.

G.A. hears Sutton's plea for more funds

by Michael Seele

While stressing the important role of the St. Michael's Fire and Rescue Squad, the program's supervisor, Don Sutton, made an appeal for money for a new ambulance at the Feb. 1 G.A. meeting. Sutton said that fundraising efforts are currently underway and that $10,400 had been raised to date. Sutton added that a goal of $38,500 had to be reached.

Sutton said that the Fire and Rescue unit provides a needed service to the community, especially in its care of premature infants. He said that the unit is the best equipped in Vermont to transport premature infants to the Univerisity of Vermont's Medical Center Hospital. Since there is no charge for the services of the ambulance, Sutton said the money to support the program must come from the college and fundraising efforts.

In other business, the G.A. voted to recognize the From All Nations Club. This is a club which will be sponsoring cultural and social activities for its members. Membership in the club is open to all students, according to the club's president.

Social Committee Chairwoman Maureen McBride announced that David Johansen tickets will go on sale today in Alliot. They are already on sale at Bailey's Music Room in Burlington. Bumper stickers, posters and radio ads have been made for the concert.

Before the meeting, Robert Lenox, a research psychiatrist from the University of Vermont, gave a presentation on depression. He stressed the difference between normal, occasional depression and depression syndrome, which is more serious. He added that 97 percent of the people can recover from daily stresses without becoming seriously depressed. He said it is important to catch the other 3 percent before the condition becomes too serious. Most of these stresses can be overcome by talking them out with a friend.

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Remember, Please Don't Drink And Drive

Rathskeller enjoys new-found popularity

by Gerry Gray
Staff Reporter

The Rathskeller is having its most successful year yet. More competitive prices and an improved atmosphere have resulted in long lines and capacity crowds, according to Joe O'Donnell, production manager.

"In the past, Thursday was always the big night," he said, "but this year it could be any night." Television specials featuring "Dynasty," "Hill Street Blues" and "Benny Hill" are very popular. The Rathskeller will often go through three half-kegs of beer on these nights.

Four years ago, the Rathskeller was an unused gameroom. Students built the bar on their own time and it's still the only student-run bar in the state. O'Donnell, who has been a manager for two years, was there when it began.

"We used to have a good turnout until late October, then people would lose interest and go downtown instead. This year that didn't happen," O'Donnell said. In the past, the people who went to the Rathskeller were mostly first- and second-year students, but this year's crowd has a better mix from all classes. The managers said they see this as a good sign that the bar is finally catching on.

Chris Shields is in charge of publicity for the Rathskeller. O'Donnell said she has done a "fantastic job" of making students aware of the bar and all it has to offer.

John Byer manages the finances and has done a lot of work refinishing the room. A popular night at the Rathskeller is the coffee house where students donate their talent. The coffee house was originally done on week nights, then was moved downstairs into the lobby and has finally found a home on Saturday nights in the Rat.

The new liquor policy has led to fewer on-campus parties, and the Rathskeller has assumed the role as an alternative to downtown. O'Donnell believes that a major message behind the bar is "don't drink and drive, especially in bad weather."

With an afternoon happy hour at Finnigan's, people wind up making four or six trips into Burlington in one day. One of the Rathskeller's newest attractions is a happy hour from 3-5 p.m. on Friday which tends to keep people on campus.

Mary Jane Kelly, employee manager, said that the bar finally is "something different from downtown."

One customer, part of the full house Friday afternoon, summed it up this way, "It's a nice change of pace, a good place to take a break from studying.

Professor questions decision

continued from page 1

The three-page evaluation began favorably, calling Raquier a "demanding and rigorous teacher," citing his service as "consistent and energetic" and noting his award-winning talents as a newspaper adviser.

But the evaluation went on to say that Raquier's delay in completing his doctoral dissertation "detracts from the personal energy and enthusiasm" he can bring "to new projects, publications and teaching."

Finally, Oates expressed reservations about Raquier's approach to teaching, saying that his emphasis on professional journalism skills forced his students to see the department as "removed from the values, goals and traditions which define the institution as a whole." According to Oates, Raquier's teaching style showed a "lack of concern" for St. Michael's liberal arts orientation.

Oates reiterated these grievances in a follow-up letter sent to Provost in October 1982. He sent another letter that month specifically recommending that Raquier be denied tenure.

The three gripes Oates had were Raquier's lack of a doctorate, his non-liberal arts teaching approach, and the supposedly "adversarial posture" Raquier assumes toward the college.

Raquier disagreed that any of those points were foundation for dismissal. He pointed to his two master's degrees—one in communications and one in sociology—as ample background for teaching journalism when combined with his experience as a newspaper reporter and editor.

Raquier admitted to having taken an adversarial stance toward "policies and individuals" when he deemed them worthy of an adversary, but denied the stance struck out at the institution as a whole.

"Who are his sources?" Raquier asked in his rebuttal to Oates' claims. "Where is the documentation to support such serious charges?"

Raquier asked the same question when confronted with the claim that he was at odds with the college's liberal arts mission. "There's no documentation," he said. "It's just stated. I don't know how he could evaluate how I teach. He's never been in my classroom."

Raquier said that Oates' contention "is countered by the approximately 15 letters" students and graduates of the college sent in his defense. "They say that (an emphasis on professional writing and editing skills) is absolutely needed," Raquier said.

Although Raquier said Oates' evaluation of him was the primary cause of his dismissal, Oates denied that it had everything to do with it. "His tenure was not decided by me," Oates said.

He said he made it clear that the evaluation was "based on this much experience with this guy, and these were my observations. What else can you do? You have to file the evaluation." But Oates said he thought he "knew enough of college teaching" to present an accurate picture.

Oates said the opening is being advertised and he hopes to hire a professor to fill Raquier's shoes by April, so that the person will be ready to teach in the fall of 1983.

Raquier regrets having to leave the college now. "Maybe we could have worked out the differences if all this hadn't happened," he said. "Frankly, I don't believe in tenure, but you have no choice here. I would have liked to stay on and teach."

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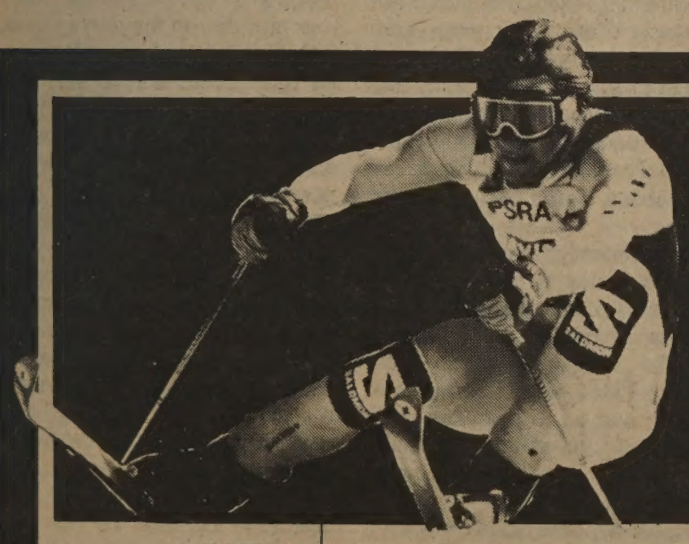

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Viewpoints

Tenure turmoil

The list of tenure recipients was finally released to The Defender last week, about six weeks after the decisions were made. Eight faculty members received tenure and two were denied it. The circumstances that surround these denials are secretive and the students, as well as faculty members, are being done an injustice because of the secrecy of the tenure process.

Managing Editor Michael Knott decided to do a story on the tenure decisions the first week of the semester. Presumably, what would follow would be a fairly easy procedure of obtaining the names, interviewing the people involved and discovering how the tenure procedure and decision works. However, it was two weeks before the names were released to us, and the only reason given for the delay was that the administration didn't "want to release the names yet."

Knott couldn't discover anything about the process and was told that the college's policy was not to disclose why teachers are denied or given tenure. What Knott did discover was that one teacher was given an unjustifiable reason for his denial, while the other teacher's denial seems to be the result of a departmental war, aggravated by his nonconformity to the mold of the perfect faculty member.

The teachers who were denied tenure had a great deal of student support while teachers that did receive it may not have had as much. I have heard many outraged students voice the opinion that they can't believe the best teacher they know was refused tenure. Perhaps there are good, concrete reasons for the tenure decisions. If there are, then the administration owes it to the students who pay the salaries to inform us of these reasons and let us know a little bit about how the process works. What we have discovered has been gleaned from the faculty members involved, not from the often tight-lipped administration.

Students are the ones who pay to take courses and we deserve the best teaching that is available at St. Michael's. We are also more likely to spend time with the teachers than any faculty or administration member, so why can't the students' opinions be considered? Why was another member of a department, who was also up for tenure, asked to evaluate a teacher when he had never been in his classroom and had only known him for five months?

The students supporting this teacher did everything they could to influence a favorable decision; they wrote letters, circulated a petition, and spoke to the administration. Upon returning from that meeting, one student said that he had a feeling the administration had already decided whom to get rid of.

St. Michael's has often prided itself in the fact that because it's a small school, the administration seeks student input and has a close relationship with students. This is not evident in the tenure process, because students can't even find out how the process works or why a teacher was denied. A student is on the planning board, another attends the trustees' meetings so that *all* constituencies can be represented.

It should be this way with the tenure process, which perhaps has the most serious effect on students paying almost $8,000 to be taught. How can anyone justify raising the tuition and competing with schools like Skidmore and Middlebury when some inferior teachers are given tenure and some superior teachers are denied it?

EM

The Defender

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The deadline for letters to the editor and all other copy is **6 p.m. Thursday**. Letters to the editor and all other copy must be typed and double-spaced. All letters must be signed. Campus or off-campus address and telephone number must accompany each letter.

The editor reserves the right to edit or omit any letter for the sake of space or clarity. While all letters cannot be published, the editor will make an effort to publish those reflecting a diversity of opinion.

The opinions expressed in this publication are not necessarily those of the St. Michael's College faculty and administration.

The advertising deadline is **6 p.m. Thursday.**

Letters

Tuition increase

Editor's note: The following letter was sent to each trustee in an effort to let them know students' concern about the tuition issue.

Dear Trustee:

We, as representatives of the student body at St. Michael's, wish to call your attention to an issue that has caused significant concern among our constituents.

During the last four years, tuition has incresed $2,500. Four years prior, tuition increased $800. College officials have justified recent tuition increases in light of higher inflation rates. Understandably, continuous tuition increases have caused genuine anxiety among students whose ability to pay does not keep up with actual increases. As student leaders, we believe continuous increases raises a plethora of questions concerning the future of our college.

The first question has to do with our understanding of the mission of St. Michael's. As stated in college publications, the mission of St. Michael's "is to provide a liberal education in light of the Catholic faith and its developing tradition." It is our understanding that St. Michael's has a heritage of providing this unique Catholic education for underprivileged students. We wonder at what point in our "developing tradition" will a student's financial ability become a necessary consideration in determining who may or may not attend our college.

The second question we'd like to raise concerns the nature of the student body at St. Michael's. St. Michael's has traditionally drawn students from fairly heterogenous backgrounds. Heterogeneity in social class, ethnicity and geographical area contributes towards broadening a student's education. We believe that continuous increases will (if not already) create a narrow, homogenous, upper-middle-class student body at St. Michael's.

The third and final question we would like to raise concerns the very practical assumption that tuition equals the quality of education provided at St. Michael's. If tuition increases at its present rate, one wonders at what point will tuition not be worth the type of education we provide. The question arises, will students pay $10,000 to $15,000 a year for a Catholic, liberal arts education?

In conclusion, we hope these questions will be given sincere thought and consideration when determining the 1983-84 tuition increase. We look forward to discussing any of these issues at the upcoming trustees' meeting. We thank you for your time and concern.

John Egan
Peter Hogan

Financial strain

To the editor:

I am writing this letter in response to John Egan's letter about the proposed tuition hike for next year. I am personally grateful to him for letting me know about this increase. I fully agree with John that many students will be forced to withdraw because of the rising tuition. It seems at this point that I may be one of those people. With another person from my family entering college next year, plus the marriage of my sister, this increase would put an unbearable financial strain upon my parents. For this reason, I would not be able to come back here next year.

I presently have a work-study job on campus. It is part of my financial aid package, as it is with many other students. The subject of the increase has been brought up a few times while I was at work and all of the work-study students complained of similar financial trouble. A very good question was raised by one of the women who works there: Why not take the increased amount of available financial aid, including the work-study program the school gets every year and use it in order to cut down the initial tuition? Doesn't this make sense? There are so many work-study students where I work that there is not enough for all of us to do during the available work hours. I wish someone would answer this question for me, and maybe something along this line can be done.

I also want to encourage other students in a position similar to mine to speak up. Now is our chance to fight the increase. After it's voted upon, it's too late.

Tina Call

Sports support

To the editor:

Concerning tuition allotment, I admit my ignorance, but I would like to pose some questions concerning where *our* money goes, or where the possible increase will be distributed.

Will there be a substantial increase in professors, classes offered or our professors' stipends?

Many of us attend St. Michael's because we want an education at a Catholic institution and because the community on campus is unique and personally revitalizing. Whenever friends of mine visit, they usually comment, "The people here are so friendly. They even say 'hello' just in passing!" The aesthetic beauty of this campus is not the most important aspect. During a recession, it devastates me to think that I work two jobs in the summer and during the school year, with $10,000 of loans piling up for May 1984, and to see the grounds being lavishly revitalized.

The basketball team has been an issue lately. I would like to pose a few more questions concerning this. What percentage of our tuition pays for these scholarships for the basketball team? Are these scholarships or "sportships?" What percentage of our tuition pays the basketball team's coach? Indeed, the team needs a coach—but is his salary comparable to the hockey team or the soccer team coaches? Is any other person on a school team besides a few men on the basketball team being helped financially through school because they can play a sport on the varsity level?

Am I to have $10,000 of debts to support a basketball team or the grounds improvement when I and others came here to learn and grow?

Was not this school founded to educate the poor Vermont man? What is happening? Instead of a bookstore, will there be a sports shop?

The men who lived in the barracks of Mike-town, from all reports, seem to have fared just fine in the "real world." Can anyone dispute this fact?

Grace Carney

Op-Ed

Memories of grandfather influence maturity

by Timo McGillicuddy
Op-Ed

My grandfather was always short on advice and big on action. Back when my grandmother would pace about saying, "Well, someone is going to have to clean that up," I always won; Gramps cleaned up while I would scurry around and run into furniture. He didn't lecture me, beat me, or put curses on me, he just cleaned up.

I was a snotty little kid who got sick all the time and ran into furniture—it was that simple. If my grandfather had known that ahead of time, he may have had second thoughts about climbing into the old Studebaker and taking a six-hour ride down to see me on the day I was born. He didn't, though, and so he came down to visit this little lump of fat that was gurgling a lot and most likely making it very difficult to talk about anything except the merits of disposable diapers and the great preferability of handcuffs to cribs.

What amazes me about my grandfather is that he kept coming down to visit—even long after the entire family had decided that I was just another run-of-the-mill snivel who had a fetish for leaving his baby food all over children's toys and adults' shoulders. He kept visiting me, and visiting me, and visiting me. And even though he died before I was old enough to remember much, I figure that he must have been a rather remarkable man, just because he accepted me for the little lump of fat that I was.

It wasn't easy for him back then. He was an Italian immigrant who came to America at the age of fifteen and began working in a paper mill. He worked two, three, or four jobs at a time for his entire life, and his occasional days off were spent shingling the roof, weeding the garden—or visiting rotten little kids. I don't feel sorry for him; he did what he had to do. But the simple fact that he would take one of his very precious days off and come visit me, is amazing.

I wish he could see me now, because I can walk, talk, throw a baseball through a window, avoid doing the dishes—and I've even kicked the old Mt. Vesuvius habit.

Grandpa might be gone, but sometimes when I'm in my room pounding my head against the wall or playing Florence Nightingale to my ego, I think of him, and I think I might just owe him something.

Very often when I don't want to get out of bed in the morning or after one of my patented goo-goo ga-ga induced self-pity sessions, I get this feeling that he's looking at me and telling me to get on with the things I have to do. He keeps reminding me to take a different look at my time, my friends, and my life.

I can hear him saying that you can't live in baby clothes your whole life, and you sure as hell can't go around puking on yourself and walking into furniture—it gets very embarrassing at dinner parties, opening night theater engagements, and on visits to grandchildren.

I count myself lucky to have been afforded this luxury for so long; having led a cushy childhood and adolescence, there always seemed to be someone there to clean up for me. If it wasn't for Grandpa, then either Mom or Dad or Auntie would arrive at the scene of a faux pas and whisk the problem away. However, lately I seem to be acquiring a backlog of messes and the pile is growing, around my desk, my bed, my car, around me—and there seem to be fewer and fewer people with dustpans following me around.

The playpen fence grows higher and much more difficult to sit on. Diapers get soggy, thumbs wrinkled, families get older, friends spread apart, everyone gets busier—and the mess keeps piling up.

Maybe Gramps thought I could escape it all, but I doubt it. He knew this would happen, and he could have told me way back then .But I'm glad he didn't, because I've been having too good a time of playing goo-goo, getting ill, and scarring the furniture; I guess I owe him for not letting me in on the secret.

More letters

Swim team

To the editor:

I'm writing in response to the recent article in "Good Diggin," concerning St. Michael's College swim teams. The article failed to mention that two other members of the swim team have also qualified for New England's. Karen Dunmire qualified in the 50 and 100 breaststroke and Bob Toner qualified in the 1-meter diving.

Susan Judge

Abortion homily

To the editor:

In my four years at St. Michael's I have seen dozens of petty complaints voiced in the letters section of The Defender, but the letter about abortion took the cake. Let's get serious, cutting down the priest's homily? I've never seen that in any newspaper before.

The Rev. Richard Berube, as a spokesman for the Catholic church, had every right in the world to give a homily against abortion. I'm not trying to preach, because God knows I'm not a saint, but it seems extremely paradoxical that while most members of the animal kingdom will fight to the death to protect their young, humans as 'rational animals' are killing theirs.

If Barb Catalano and Chuck Kelley were so distressed by an anti-abortion homily that they "left with a bad taste in their mouths which will remain with them for a long time," then that's their problem; but is the letters section of The Defender the appropriate place to air that "bad taste?"

John Patrick Sullivan

Disturbed

To the editor:

As a fourth-year-student at St. Michael's, I have positive feelings for the Campus Ministry and the weekly church services. Over my four years, I have felt my Christian beliefs strengthened and reaffirmed at every service. On Jan. 23, however, I left church feeling terribly disturbed.

The sermon, delivered by the Rev. Richard Berube, was a discussion of the Catholic church's opposition to abortion. I understand and respect the church's responsibility to reaffirm its stand on the issue of abortion on this 10th anniversary of the Roe vs. Wade decision. However, the manner in which Berube delivered his sermon was insensitive and inappropriate.

Berube addressed the student parishioners in an angry, defensive manner. His points were made very clear, yet he failed to adequately tie in the Scripture readings and to make any mention of God. Berube's argument against abortion, rather than explaining the religious implications, was merely a reiteration of the political pro-life philosophy.

Because he spoke in a tone of reprimand, condemning those who even acknowledged abortion as an alternative, Berube's efforts to dissuade students from the abortion alternative were entirely ineffectual. I, for one, have ambivalent feelings toward abortion, and Berube did nothing to guide, direct or even inform my understanding of the issue.

It is most important that those in persuasive positions at this college be sensitive to the students and issues that affect them. Many young people look to the church for guidance, and it is unfortunate that Berube abused his opportunity to be of help.

I respect Berube's intentions to direct young people in the ways of the church. However, the abortion issue, unless handled with great care, borders on pure politics. Unfortuantely, Berube did not take such care in his sermon on Jan. 23.

Please, let us not allow the church pulpit to become a political podium, at least not at St. Michael's.

Susan E. Rietano

Catholic views

To the editor:

Concerning the letter in the Feb. 2 issue complaining of the homily on abortion, given on the Sunday marking the 10th anniversary of the legalization of abortion, I have a few comments.

The students writing the letter state that "Abortion is an extremely complex issue and whether one chooses to be pro-choice or pro-life it must be an individual decision." Isn't this precisely the stand of the pro-choicers? Obviously, if pro-lifers were to agree to this, there would not be the heated and sometimes hostile dispute which exists today.

They object to a 'personal" imposition on all Americans by means of a constitutional amendment banning abortion and the Rev. Richard Berube's support of it. Can these two people really expect the church not to support such an amendment? Maybe a better understanding of the reasons for the church's opposition to abortion is lacking. And they accuse the church of rhetoric! The issue here is not abortion itself, but the appropriateness of a homily concerning abortion.

Finally, concerning Berube's tone, that which "attempted to make those people who may have been pro-choice in the congregation feel as though they were sinners—that they were somehow lesser Catholics." I guess I must have missed this. Maybe it was because this condemnation was not directed at me or because I was too busy thinking about those million and a half, which I thought to be his point at the time.

If a person feels strongly enough about an issue and is reasonably sure that he/she is right, that person will not be easily bothered by other's "opinions" concerning his view. I can't help wondering whether the "very bad taste" left in their mouths was any indication of uncertainty, on their part, or their own personal views.

Elizabeth Statz

Founders Hall

To the editor:

Recent renovations to some of the dormitory facilities on the south campus (notably Joyce Hall) have considerably improved the living conditions in those dormitories. Further renovations to other facilities still remain. One of these is Founders Hall.

Founders has been traditionally regarded as the representative building for St. Michael's College. It is an emblem of the past and a future inheritance. As a past resident of Founders, it was clear to me that the facilities are inadequate and poorly maintained. Administrative backsliding and lack of maintenance have led to deplorable living conditions. Rodent inhabitance, unsanitary lavatories, decrepit window frames and cramped living space are but a few of the persistent and major problems of the building.

In light of the building's condition, closing the complex and renovating it over the summer would be the practical solution to the problem. A shut down of the residential portion of the facility would not prevent the relocation of summer session students to another facility.

Prompt action on the part of the administration is necessary. Without such action the problems will persist and further degenerate the condition of the hall. It is imperative that we preserve this building and at the same time increase the physical level of one of the campus' most treasured structures.

Tim Cullinan
Larry Frigault

Renovations

To the editor:

I understand that there is a movement to have Founders closed this summer for renovation. For the last few years, Founders has been used continuously all year round to the extent that it is in need of some major repairs. I believe there are no plans, at present, to repair this building.

Founders has played an important part in the history of St. Michael's and it should not be neglected. With the present plans for two new buildings and the renovation of third floor Jemery, this college will have one of the best classroom facilities around. Also with the building of the townhouses and the renovation of the quad we have some of the best housing around.

Founders is a trademark of the college's heritage and it should not be forgotten.

B.J. Hull

Good diggin!

To the editor:

Chris Curtin certainly achieved his goal—he got right to the "bull," However, he didn't bother to mention the actual issues. Please don't steal any more lines from Mike "I wouldn't tell a lie" Callaghan (sorry about the ad hominem, folks, but you gotta like the kid). Gee, I'm glad that you get your information on your own; I'm sure that Mizerak and Mandel tell you absolutely nothing. After all, you only live with them; why would they influence you?

I would like to know why you are so upset. Because a few of the players got caught with their hand in the cookie jar? Isn't that just too bad. Let's face it, the team was not a victim of circumstance; although some members were the victims of the effects of alcohol. Sorry that you had to *listen* to Callaghan's column predictions, most of us choose to *read*. Gee, Curtin, I surely wouldn't equate your knowledge to that of Callaghan's, the "vindictive" sports editor. You couldn't even get the names straight (Central Connecticut Blue Devils, Sacred Heart Pioneers). So much for your own information. So much for getting it straight.

Let's forget all this "circle" nonsense and get to the point of your vengeance. Some players were seen in Burlington bars the night before the Central Connecticut game. I doubt they were out for Coke and cookies. Some of those players were scholarship athletes. As far as I'm concerned, any player who is at this school on scholarship has an obligation to play to the best of his or her sober ability. And I would hope that a sense of dedication would prevent this type of behavior; obviously, I was wrong.

In closing, I would like to say (since you brought it up) that "Welcome to the Winner's Circle" may be the team theme, but I really think that "Welcome To The Locker Room Half-Time Show" is much more appropriate. I have no sympathy.

Perhaps Callaghan should call that article *GOOD TIMIN'* and entitle your letter *GOOD TRYIN'* (but it didn't quite make it).

Jane L. Colapietro

The AIC player in the women's basketball picture last week was Liz Maloney.

Op-Ed

Variety of funds available to needy students

by the Financial Aid Office

Having second thoughts about returning to St. Michael's because you figure that you simply won't be able to afford it? Fear not! There are millions of dollars available every year for students who have scholastic potential and motivation but lack the necessary funds to pay all the expenses of a college education. You very well may be eligible to receive such aid. The Financial Aid Office wants to help you determine just how much aid you can qualify for.

In order to understand what funds are available to you, you must first become acquainted with the terminology used in the following aid program descriptions. A "grant," "award," or "scholarship" is a sum of money given to a student and does not require repayment. A "loan" is a designated amount of money that a student may borrow. That student must begin to repay the loan after he/she finishes school, in installments, with only a minimal (if any) rate of interest charged. That rate on interest will not change once the loan is accepted. "Work-study" is a program that allows a student to work a specified amount of hours in order to earn money that he/she can use in paying college expenses.

Programs offered by St. Michael's

St. Michael's offers awards to aid its students, including several endowed scholarships (which are described in the college catalog), and St. Michael's Grants-in-Aid. Any student who has financial need and/or is in good academic standing is eligible.

Federal Programs

There are funds available to needy students that are offered by the federal government. The Pell Grants are awarded to undergraduate students whose eligibility is determined by a standard formula compiled by the U.S. Department of Education. Just this year $2.419 billion in Pell Grants were awarded to over 2.5 million students. An individual student may receive between $135 and $1,800, depending on his/her family's income and assets.

Undergraduate students are also eligible for Supplemental Educational Opportunity Grants, which are based on financial need. Any one student may be awarded up to $2,000 per year. In 1982-83, $335 million was granted to over 500,000 students.

A student may become involved in the College Work-Study Program. Eligibility is based on financial need.

If a student is awarded a National Direct Student Loan, he/she may be allowed to borrow up to $6,000 for undergraduate study and up to $12,000 for graduate study. This is with an interest rate of only 5 percent.

Guaranteed Student Loans are borrowed through banks, credit unions and loan associations with a 9 percent interst rate. This interest is paid by the federal government while the student is enrolled (at least half time). An undergraduate student may be allowed to borrow up to $2,500 a year, a graduate student up to $5,000 per year.

The Parent Loan Program allows parents of dependent undergraduate students to apply for college aid at their local bank. They may borrow up to $3,000 a year, with the total loan not exceeding $15,000 for any one student. Interest rate is 12 percent.

State and local programs

In addition, a student may apply for various state grants (such as VSAC for Vermont residents) and local scholarships. Local scholarships are awarded mainly according to: student status (graduate, undergraduate, foreign, individual scholar, minority); geographical location; career interests; area of study; financial need; involvement in a U.S. service (such as the Army National Guard); and whether or not the applicant's relatives are employed by the organization offering a particular scholarship. No award has requirements related to all of these, but some awards do demand that one or more of these qualifications be met for eligibility.

Some local organizatoins also fund loan programs. Eligibility is based mostly on student status, geographical location and financial need. The rates of interest charged (if any) and the amount of time allowed before repayment must begin and/or be completed vary with each program.

For more information on the various sources of aid and how to apply for them, contact the Financial Aid Office. Contact your high school guidance office for information on state and local programs. There is also a new program, sponsored by the Financial Aid Office, which allows you to seek information concerning Outside/Local Scholarships from a fellow student. One such student is Lisa Cabana, who will be available on Mondays and Wednesdays from 1:45 p.m. to 4:30 p.m. in Lyons 311 to aid you in the process of researching and applying for outside/local scholarships. And of course, our staff is ready to assist you concerning any aspect of the college, federal and state financial aid process and awarding procedures.

Pay particular attention to the final acceptance date on applications you fill out—be sure to meet all deadlines!

GRANTS	Nationally		St. Michael's College	
SMC Grants-in-Aid	------	------	710	$ 950,000
PELL	$2.5 million	$2.4 billion	311	$ 318,000
SEOG	$500,000	$355 million	258	$ 208,050
State Grants	N/A	N/A	250	$ 320,000
Outside Scholarships and Grants	N/A	N/A 300$	325,000	
WORK-STUDY				
CWS	$950,000	$528 million	562	$ 544,000
LOANS				
NDSL	$800,000	N/A	386	$ 400,000
GSL	$2.8 million	$6 billion	11,050	$2,560,000
PLUS	N/A	N/A 85$	250,000	

This chart shows the number of students who received aid from various programs this year, and the total amount of money distributed by each program.

Critic's corner

Kingsley stands out as Gandhi in inspirational motion picture

by Eileen Moran
Executive Editor

As a leader advocating "peaceful, non-violent, non-cooperation," Mahandas Gandhi was an inspiration. In documenting the courageous leader's life, producer and director Richard Attenborough should win kudos for doing almost the impossible—creating a three-hour epic that is inspirational.

The incredible thing about the movie is that it's inspirational not only to the Hindus and Muslims that Gandhi led, but also to Christians, Jews and every other religion. Attenborough should be praised for not losing sight of the fact that Gandhi, a Hindu, fought for people of every race and religion and achieved his goal of trying to find his way to the "heart of man."

The movie is ironic because Gandhi, a man with no "wealth, property or official title," became the "spokesman for the conscience of all mankind." It's hard to imagine someone with few credentials leading millions of people today. Gandhi, a man of small stature, soft voice and dressed in one plain piece of cloth, provided a faith that helped see British-dominated India through years of violence and racial discrimination.

In racking my brains to come up with a comparison to Gandhi, only one other leader comes to mind—Martin Luther King, who led the blacks in the fight against racial discrimination. Both men were assassinated and both had a dream—to be truly free of "unchristian" discrimination. Gandhi and King were not "resisting anything but the idea that people can't live together."

Ben Kingsley immerses himself so thoroughly in the character of Gandhi that it's hard to believe you're watching a movie. Whether sitting quietly at a spinning wheel, dying of hunger, or speaking to the great throngs that followed Gandhi, Kingsley puts so much emotion and credibility into his character that five minutes into the movie almost everyone in the audience is in love with him and hangs onto every word he says. Kingsley is everything that Gandhi was—stubborn, courageous, strong, proud, and charismatic—living up to Gandhi's nickname of Mahatma, or "Great Soul."

The film is definitely one-sided, however, in portraying the British who rule India as brutal, callous monsters. This slant may have been necessary because it makes Gandhi seem all the more incredible when he beats the British and wins an independent rule for India. The film concentrates on the plight of the people of India. Gandhi was a man who gave up his law practice, all of his material goods and moved to an Ashram (a type of Indian commune) because "If I want to be one with them I have to live like them."

Gandhi's wife, Kasturba, is played by Rohini Hattangady, and she does an admirable job of capturing the woman who followed him from the time they were 13 until her death. She is incredulous when ordered by Gandhi to do what she considers the work of untouchables, but eventually comes to see that it is the caste system her husband is trying to eliminate. Upon her husband's arrest, she tells officials that she plans to speak in his place and is also arrested.

Other notable performances in the film are that of Roshan Seth as Nehru, Ian Charleson as an English cleric who helps Gandhi until the Mahatma tells him he must leave because the Indian people need to see that they can fight by themselves. Martin Sheen and Candice Bergen portray a New York Times reporter and a Life photographer, who are also caught up in Gandhi's spell. It's their stories and pictures that help make Gandhi a world-wide hero.

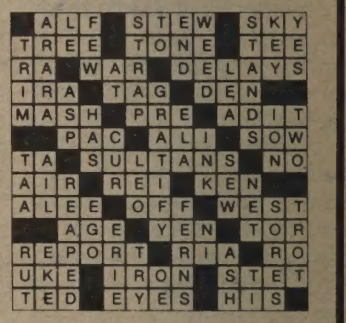
The cinematography in "Gandhi" is beautiful, whether capturing the gorgeous countryside or the wretched hovels in which the people live. The Indian music in the movie lends an extra bit of authenticity to it.

This sojourn into the life of one of the world's greatest leaders is an educational and spiritual experience. It's definitely one of the best films I've ever seen, and not to be missed.

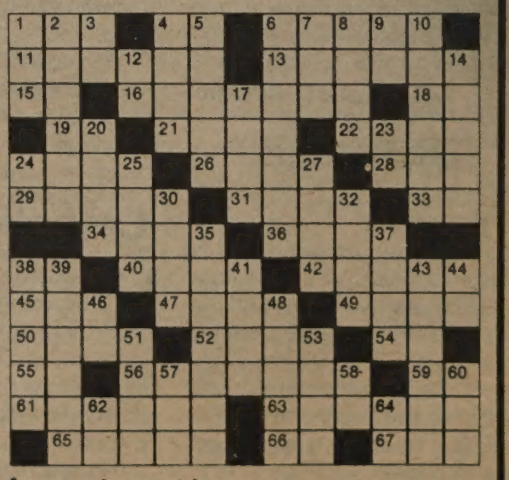
Crossword puzzle

ACROSS
1 Harem room
4 — a rule
6 British baby buggies
11 Book review
13 Lifted
15 Near
16 Precious stone
18 Robert — Niro
19 King of Bashan
21 Colorless
22 Narrow board
24 Possessive pronoun
26 Snare
28 Devoured
29 Unruly children
31 Pack away
33 Teutonic deity
34 Cripple
36 Time periods
38 Hebrew month
40 Eat away
42 Delineate
45 Deposit
47 Stalk
49 Mend with cotton
50 Let it stand
52 Dillseed
54 Sun god
55 Visitor from space, for short
56 Gridiron meetings
59 Negative
61 Salad ingredient
63 Wiped out
65 Less cooked
66 Printer's measure
67 Ethnic ending

DOWN
1 Anglo-Saxon money
2 Temporary route
3 News org.
4 Dry
5 Begin
6 Kind of court
7 Hurried
8 Helps
9 Ed.'s concern
10 Staid
12 GI green
14 Hinder
17 Planet
20 Small weight
23 Note of scale
24 Siberian river
25 Antlered animal
27 Harbor
30 Misdeeds
32 Hospital section
35 Bullfighter
37 German district
38 Item of property
39 Wagerer
41 Travel
43 Long-legged birds
44 See 66 Across
46 Tellurium symbol
48 Fracas
51 Unfreeze
53 Fixed period of time
57 Southwestern Indian
58 Pin-up appeal, for short
60 Poem
62 RI's neighbor
64 Compass pt.



Answer to Feb. 2 puzzle

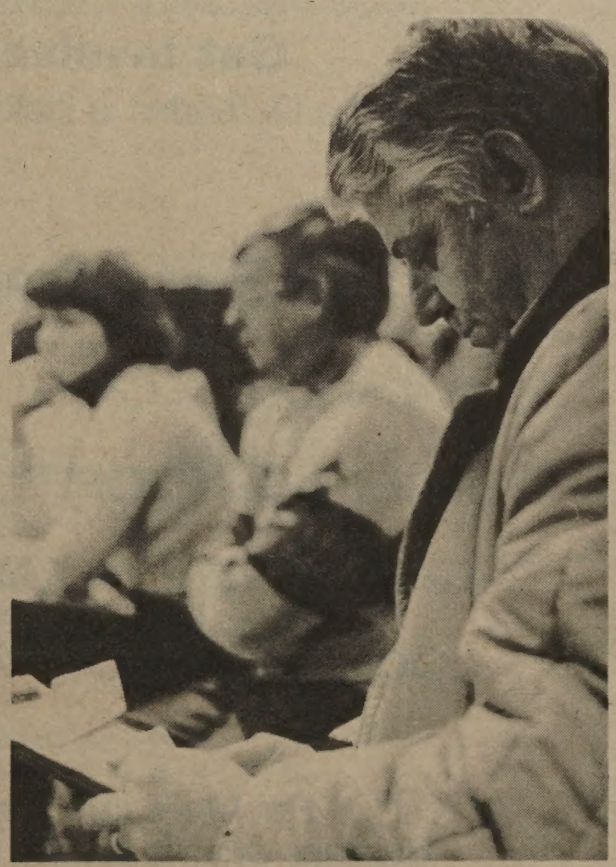


Answer in next issue

Snapshots...

The award-winning Marching Saints

photos by Bernie Dagenais



The St. Michael's Marching Saints Drill Team left Alliot Hall for the Malone Winter Carnival at 7:30 a.m. with the hope of returning with a trophy. Its only competition was a carefully trained team from Norwich University. The Marching Saings not only beat Norwich to win the drill category, but also managed to take another trophy for best overall marching. The drill team, previously under the R.O.T.C., is now an academic club open to all students. The members are Commander Karen Smith, Michael Boucher, Todd Gustafson, Heidi Hellauer, Brenda Kelley, Steven Kett, John McPoland, Brian D. Smith, and Michael Smith.

Calendar

Wednesday, Feb. 9

1:30 p.m. Resume Writing WORKSHOP, Student Resource Center.

5 p.m. HOCKEY, at Worcester State.

7:30 p.m. Men's BASKETBALL, against New Hampshire College, here.

7 p.m. Networking WORKSHOP, Bergeron.

College Bowl Tournament.

Thursday, Feb. 10

3:30 p.m. Resume Writing WORKSHOP, Student Resource Center.

6:30 p.m. Family Awareness WORKSHOP, part four, "Parenting," Bergeron.

7 p.m. Women's BASKETBALL, against St. Lawrence University, home.

Friday, Feb. 11

7 p.m. HOCKEY, against University of Massachusetts, Leddy Rink.

8 p.m. Conference, "Thinking Globally and Acting Locally," Keynote Address, City Hall.

College Bowl Tournament.

Saturday, Feb. 12

Trustees' Weekend

2 p.m. Men's SWIMMING, against Babson College, home.

5:30 p.m. Women's BASKETBALL, at Assumption College.

7:30 p.m. Men's BASKETBALL at Assumption College.

9 p.m. Valentine's DANCE, Alliot Hall.

Sunday, Feb. 13

11 a.m. and 9 p.m. MASSES, Chapel.

7 p.m. Crown and Sword Society MEETING for prospective new members. Bergeron.

Monday,. Feb. 14

Happy Valentine's Day!

4 p.m. Women's BASKETBALL, at Middlebury College.

Tuesday, Feb. 15

4:30 p.m. WORKSHOP, Job Search and Correspondence Strategies, Student Resource Center.

7:30 p.m. HOCKEY, at Middlebury College.

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Internationals form club for better unity

by Judi Hatin
Staff Reporter

Students come from many nations to St. Michael's.

Some of them have established a new club on campus, From All Nations, in an attempt to bring international and American students closer together.

According to Leo Correa, president of FAN, the idea for the club was spontaneous. "There are students at St. Michael's from more than 20 different countries and we hope the club will help to break the ice between international and American students."

The club has set up three committees: a recreational committee which is presently planning a trip to Quebec on Feb. 11 for the Quebec City Carnival, a social committee which will plan parties and other events for the club, and a cultural committee to hold presentations on various topics for the different countries.

Correa said the club is presently working with a budget provided by the International Student Program, but they hope to have their own budget soon. The Student Association voted on Tuesday, Feb. 1, to recognize the club at St. Michael's, but Correa said FAN must be in existence for a year before it can receive funds from the S.A.

Eduardo Morrison, a member of FAN from Venezuela, said he thinks there is a lot of interest in the club. "We're going to work hard for cultural presentations and an international awareness week."

Ann Louise Stevens, an American student who is the secretary for FAN, said she feels the club will help to reduce prejudices among students. "Sometimes it seems as though there is a break between international students and Americans. Maybe the club will get students to integrate." Students who have joined the club agreed that FAN would be a good way to meet new people and to help improve relations between American and international students.

FAN has attracted nearly 30 members since its formation at the end of last semester. Correa said the club is beginning to become organized and hopes to draw more attention soon.

Students question costs

continued from page 1

"The aesthetics of the school have improved but the education has not," DeLorenzo said. "Getting courses hasn't improved—why am I paying for classes I don't want to take?" Bernier, a biology major, said the biology department needs "updated facilities to be comparable to other institutions." To increase the quality of education costs money, Flanagan said. Egan said a seven percent increase in the faculty salaries, which he feels is needed, does not improve the quality of education for the present students.

"I think the administration is more interested in the class of 1990 than in the class of '85 or '86," Bernier said.

Egan said the General Assembly sponsored petition is important because it forms lines of communications between the student body and the administration.

About two-thirds of the students have signed the petition. The letters to the editor, which have appeared in the last three issues of The Defender is another effective line of communications.

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Editor voices views on worldwide issues

by Dina Sofis

Editor Mark D. Lombard and his staff at The Vermont Catholic Tribune are not afraid to take a stand on worldwide issues. Lombard, who also teaches journalism courses at St. Michael's, said he is firmly opposed to the U.S. military aid being sent to El Salvador.

His office surroundings are a clear indication of his beliefs; comic strip clippings depicting opposition to the intervention hang on the walls, and the book "Cry of the People" rests on the bookshelf. The 28-year-old editor said the plight of El Salvador has been "a real focus of interest" for The Tribune. The next issue will feature a two-page spread on El Salvador.

Born and raised in Syracuse, N.Y., Lombard first became interested in journalism while attending Boston College in 1973. The extensive press coverage of the Watergate affair really impressed him, he said. He then transferred to Syracuse University where he majored in religious studies and minored in journalism. While in college, Lombard worked on an independent newspaper entitled The Daily Orange. He also was editor of a literary art magazine. In May of 1979, he received a master's degree in religious studies from Syracuse. Four months later, Lombard was hired as editor of The Vermont Catholic Tribune.

Lombard said he sees the function of The Tribune as an analysis of what the daily newspapers report every two weeks. he explained the reasoning behind a Catholic newpaper: "The Catholic Church lives in the world—it can't remain aloof to world events and issues."

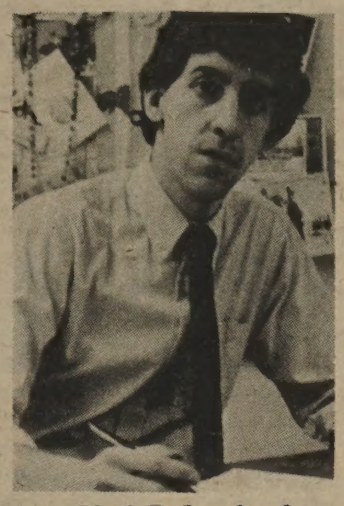
Lombard said he likes to enter situations where there is need for improvement. When he first became editor of The Tribune, the newspaper was "a joke." Now, three-and-a-half years later, The Tribune "is a complete, accurate and informative newspaper."

Lombard is not the only one who praises the newspaper. Last May, the Catholic Press Association awarded The Tribune second place in the general excellence category among 100 other newspapers nationwide.

In addition to being an editor, Lombard finds time to photograph and write. Last March, he spent two weeks in Venezuela where he reported on life in the poverty-stricken "barrios," or villages. His trip was sponsored by the Maryknoll Fathers, an influential mission society. Lombard lived, ate and slept with a family in a cardboard shack with no running water or sewage facilities. He said, "The missionaries do not just throw money at the problems, but actually live in the villages and try to get to the root of the problems."

He taught Introduction to Mass Communications first semester and now teaches a magazine writing course. He likened the magazine course to a seminar "where everyone pulls and works together." He said the students not only learn how to research and write a magazine article, but they also learn what makes a magazine "tick." Students in the class are encouraged to visit a magazine.

Lombard said the students at St. Michael's are "engaging." He added, "Exceptional journalism students require a real hunger to learn. The students at St. Michael's are hungry."



Mark D. Lombard

Healthful hints

Menstrual cycle

by Kathy Guare
Features Editor

Menstruation is not simply a painless fact of life for all women. For many it is regarded with dread because of the discomfort and restriction of activity it brings.

Women may feel the only way to deal with their pain is to suffer through it. They may not even realize that there is a clinical term used to describe painful menstruation; it is called dysmenorrhea. Ways have been found to combat dysmenorrhea, but in order to understand how they work, one must first understand the workings of a woman's body during its monthly reproductive cycle.

For most women, a cycle consists of 28 days, but can vary from 21 to 35 days. It begins in the base of the brain on day one, when the pituitary gland releases a hormone into the bloodstream. The hormone acts by first causing the ovarian follicle and its egg to grow, and then by causing the ovaries to produce another hormone called estrogen, an important female sex hormone. The estrogen travels to the uterus, stimulating the growth of the uterine lining and preparing it to accept the egg should fertilization take place.

By about the seventh day of the cycle, one follicle has become dominant in the ovaries and will continue to grow over the next seven days with the help of the pituitary hormone. The other follicles will regress.

Usually around the 14th day, the ovarian follicle bursts, releasing the egg into the fallopian tubes, which transport it to the uterus. After the rupture, the ovarian follicle becomes modified and begins producing the second female sex hormone called progesterone.

In the meantime, estrogen has been at work in the uterus thickening the uterine wall and causing the production of a clear, thin mucous at the woman's cervix which allows for the easy transportation of sperm. On the 14th day of the cycle, however, progesterone becomes the dominant hormone and causes the mucous to turn thick and cloudy. The two hormones also can cause an increase in the amount of water that is held within the body tissue. This is why a woman sometimes gains weight toward the end of the cycle.

If fertilization does not take place at this point, the reproductive cycle is finished and the menstrual cycle begins. This is when the extra lining in the uterine wall is cast off and passes through the cervical canal. Also at this time the ovaries decrease their production of hormones. If a woman experiences abdominal discomfort at this time, she is suffering from dysmenorrhea.

It is currently believed that dysmenorrhea is caused primarily by an excess of chemicals called prostaglandins. These chemicals are produced in the uterine lining and cause the wall of the uterus to contract. It is also believed the excess prostaglandins travel through the bloodstream, causing blood vessels to constrict and activating the large intestine. The prostaglandins, therefore, are responsible for the headaches, cramps, dizziness and nausea that often accompany menstruation.

Aside from the discomfort, women should not worry about dysmenorrhea as it is not a harmful condition, but rather a side effect to the normal menstrual cycle. Fortunately, there are several remedies to help with a painful period. Application of a heating pad or hot water bottle during the first hours of menstruation can provide some relief. Also adequate rest and exercise can be helpful.

There are medications that have been found to have the effect of reducing the production of prostaglandins. Aspirin is one example of a drug that inhibits prostaglandin production slightly. Other drugs, which had been commonly used for their anti-inflammatory effect in arthritis, have also been found to relieve the symptoms of dysmenorrhea. Some of these drugs are available at the Health Services.

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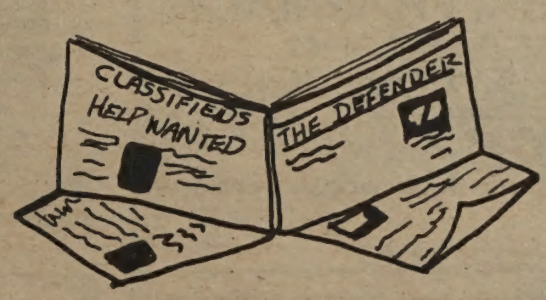

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For more information and applications, contact Eileen Moran, 655-1925 or Karen Fenuccio, 655-3742.

Sports

Good Diggin'

by Mike Callaghan
Sports Editor

Sue Duprat, Kathy O'Neil and the players on the women's basketball team all deserve a great deal of credit for the performance they have given this season.

The team seemed destined to be mired around the .500 mark or worse this year as the first semester ended. Not that .500 would have been too bad for a team consisting of four first-year players, six second-year members, a lone third-year woman and two people who will be graduating.

So, when the team went to UMass/Boston, one of the top Division III schools in the country, and lost on Jan. 15 to drop to 5-6, there was no reason to suspect this year would be any different from last season's 9-12 slate.

However, St. Michael's has turned into tigers at home. The squad got blown away in its opener at Ross by Stonehill on Nov. 19. The purple and gold hasn't lost at the Sport Center since.

One of the old tenets of any team in sports is that it must win at home and try to play .500 on the road to be successful. Prior to yesterday's game against The University of Vermont, St. Michael's was 8-1 at home and 5-5 on the road.

Needless to say, if another, usually more publicized team on campus had the kind of record at Ross that Duprat's club has, that squad would be looking at tournament bids galore. (For anyone who might be wondering, the men's team is 2-7 at home and 8-4 away, not including last night against Norwich.)

Granted, St. Michael's women haven't beaten many "powerhouses" along the way. Nonetheless, when they take to the road following the last home game of the year against St. Lawrence, the squad will be in position to earn a tourney bid.

One final note about this club. You will note that no one player has been singled out in this piece. That is because if ever a "team" has lived up to the meaning of the word, it is this one.

Duprat knows how to use her players. She does not limit herself to her starting five plus one or two others. While the men's team has been the victim of injuries, that club could have probably benefitted from Duprat's philosophy of getting all the players involved in the game.

* * *

The all tournament team from the St. Michael's Basketball Tournament was led by MVP Jeanine Dooley of St. Thomas Aquinas. Kris Gay of Castleton was also selected.

Four St. Michael's players were named to the squad. Becky Bouchard, Kim Corey, Pam Batalis and Margaret Lynch were chosen.

The most glaring omission from this list was Kim Corbeil who snagged 21 rebounds in the finals.

* * *

The men's swim team won its first meet of the year Saturday with a 67-45 effort over Keene State. The women lost to Keene 92-48.

John Vertin won two freestyle races. Bob Toner took two diving events. The men's four-by-100 relay team of Vertin, Larry Boisvert, Craig Charlton and Jay Lenox set a school record in the event with a time of 3:31:36. The team now stands at 1-8.

The women were led by Karen Dunmire, who won three events. This squad has a record of 2-6-1.

* * *

Athletic Director Edward Markey says he will wait until after the New England Championships to decide whether to finance members of the swim team on a trip to the nationals.

"Let's get some credibility with this thing," Markey said. "We do that by going to the New England's. Then we'll make a decision."

* * *

Until next week, Good Diggin' Everybody!

Women pick up two more wins, extend winning streak to eight

by Mike Callaghan
Sports Editor

The beat goes on. St. Michael's women's basketball team continued its roll by sweeping both game of its own tournament over the weekend.

The tourney victory meant St. Michael's placed an eight-game win streak on the line when it faced cross-town rivals from the University of Vermont yesterday.

St. Michael's won four games in all last week to raise the team's record to 13-6.

Depth was again a factor for the Purple Knights. Coach Sue Duprat's squad was able to build a 37-33 halftime advantage into a 77-49 outcome against Castleton State in the first round of the tournament.

"The teamwork—that's the key," Duprat said. "We know we have to do it as a team."

Becky Bouchard, who Duprat said "pulled herself out of a slump" in the tournament, led St. Michael's with 17 points. Pam Batalis and Margaret Lynch each had 14.

Lynch hauled down 14 rebounds against Castleton and Kim Corbeil added seven.

Duprat said her club "didn't play as well in the championship game." St. Michael's was still able to come up with a 73-63 win over St. Thomas Aquinas.

The story of the championship game was whether tourney MVP Jeanine Dooley of St. Thomas Aquinas could singlehandedly lift her team to victory. She tried, but couldn't do it.

Dooley scored 32 points against St. Michael's. She had 26 the day before against Norwich. Dooley finished the tournament scoring more than half of Aquinas' points.

St. Michael's had five players scoring in double figures against Aquinas. Batalis led the way with 19.

Corbeil, an "unbelievable contributor," according to Duprat, put on her Paul Silas act underneath the hoop. Corbeil had 21 rebounds against Aquinas, 10 coming on the offensive boards.

Despite the winning streak, St. Michael's has been slipping in the weekly rankings.

"We must be the only team I know that is ranked ninth, wins eight in a row and still drops in the poll," Duprat said.

The fall from the ratings comes at a difficult time for St. Michael's. After tomorrow's game at home against St. Lawrence (7 p.m.), the team must end the season with five road games.

"We're not looking past UVM or St. Lawrence, but...," Duprat said. "I'm looking forward to those last five games as much as I like looking forward to root canal work.

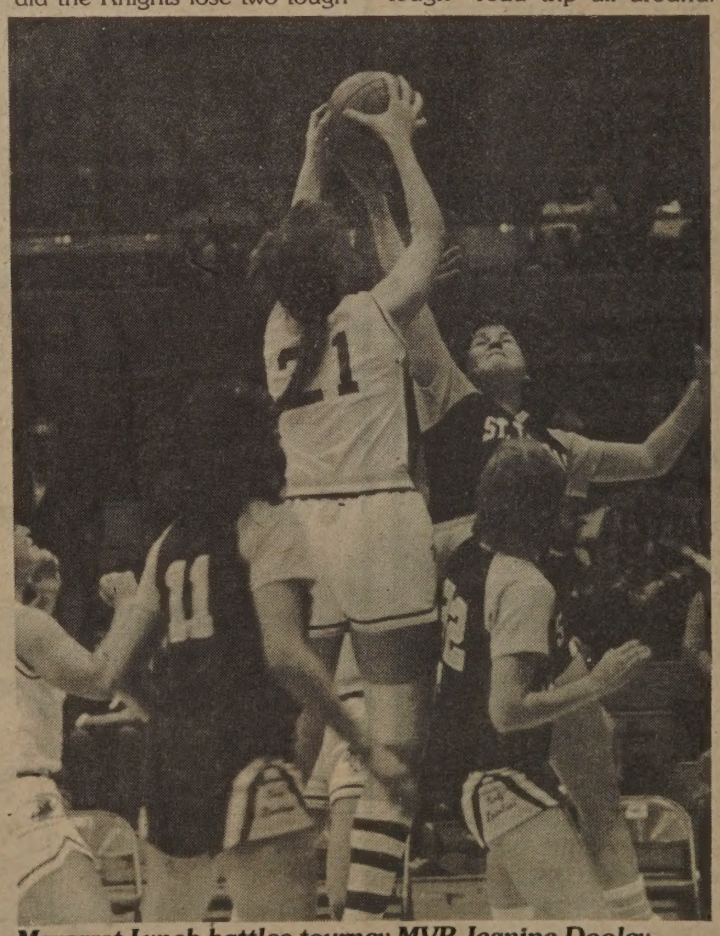
"We have to win the next three or four," Duprat said. "If we do that, I think we'll be in great shape."

Knights slump due to injuries

by A. John Murphy
Assistant Sports Editor

Every season has its peaks and valleys and right now the Knights are in a valley. Not only did the Knights lose two tough games in a row, but they also lost their leading scorers, Bob Berno and Mark Meagan, to injuries.

Both injuries occurred in a 5-3 loss to Stonehill College. Coach Lou DiMasi said it was a "highly physical" game and "tough" road trip all around.



Margaret Lynch battles tourney MVP Jeanine Dooley. (photo by Betsy Fitzpatrick)

Berno injured the joint between the clavical and sternum. Trainer Zaf Bludevich said with treatment and rest Berno "might be able to play" tonight's game against Worcester.

Forward Mark Meagan suffered a broken thumb in the game when he was slashed, DiMasi said. Meagan, a senior, will be lost for the rest of the season and will be missed by the team.

Dave Kingston made his second start of the season in goal and played a good game, DiMasi said. John Cunningham scored all three goals for the Knights. Dennis Kelly assisted on all three; Ted Manning and Berno also picked up assists.

St. Michael's next game was a loss to Skidmore 5-3. DiMasi said Skidmore has a different team from the one St. Michael's defeated 12-3 earlier in the season. DiMasi said they picked up several new forwards who enhanced Skidmore's offense. The injuries obviously hurt us, DiMasi said.

Without Berno, Kelly and Cunningham had a tough game. However, Kelly did get a beautiful goal when he caught the Skidmore goalie off guard and put the puck by him, DiMasi said.

In the Skidmore game, DiMasi put a new line together made up of defensemen Dave Olio and Chip Lague, along with forward Kevin Valleo. This line surprised DiMasi by accounting for the other two goals scored by the Knights.

DiMasi said that he is going to improve the defensive play of the team. DiMasi said when a goal is scored, it goes by the whole team and not just the goalie. He said he will concentrate on the basics in the next few practices, and stress the team's hard-skating ability.

Tonight the Knights take on Worcester State, at Worcester. The team's next home game is Friday night at 7:30 against UMass/Boston at Leddy rink.

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Intramurals

Lambda shines with two wins

by A. John Murphy
Assistant Sports Editor

Lambda continued to dominate women's intramural hoop with two convincing wins. Against Kappa, Kathy Johnson scored 24 points in a 55-21 win.

Johnson and Alex Foss continue to lead Lambda offensively. In a 52-18 win over St. Ed's/Founder's, Foss and Johnson combined for 44 points. Foss was team high with 23.

Jennifer Cox pumped in 12 points for Omicron in a close 22-17 win over St. Ed's/Founders. In other action, Theta defeated Off-Campus 37-28 and Muchii beat Staff by forfeit.

In men's action the Rebels played with only four players, but still managed to defeat the Tap-n-2s 61-38. Michael Bennett led the Rebel offense with 38 points.

Basketball Jones proved their offense is devastating with a win over the Parasites 105-37. The Jones also beat the Budmen 56-48. John Whittemore scored a game high of 19 points for Basketball Jones.

In other action, the Boweivals rallied in the second half to edge the Spliffs 35-32. Mark Lund scored 22 points in the Boweival's next game as they defeated Sigma 59-34.

Pete Kelly scored 15 points as he led the Senior 69's past Staff 43-40. Staff won their next game 42-31 over Psi.

The Budmen defeated the Cleavers 58-42 behind a 25 point performance by Joe Smoolca. In other action, the Airheads beat the Nads 51-45. The Flatlanders beat Melman Productions 38-28.

The Airheads also defeated Melman Productions 54-39. In their third game of the week, the Airheads were crushed by the Party Monsters 62-28.

Ken Sorensen paced the Nads with 26 points in a 42-34 win over Melman Productions. Todd Wadsworth scored a team high of 22 points in a Staff A win over the parasites 64-40.

In other action, the Airheads defeated Senior 57-46, and the Spliffs edged the Party Monsters 40-35. The Party Monsters won two games last week, both by forfeit.

In intramural poly-hockey, the Bocha Chicas picked up two wins. They shut out Senior 3-0 and beat GE 6-3. Sinsemilla won their game 5-4 in overtime and the Needles won a game by forfeit.

Intramural poly-hockey is supposed to be a non-checking sport, but in recent games the play has gotten to be tough and even violent at times.

Intramural Director Kathy O'Neil said that the Referees are going to start calling the games closer and they have the power to forfeit a game if it gets out of hand.

Pam Batalis reaches for a rebound against St. Thomas Aquinas. St. Michael's won 73-63.
(photo by Betsy Fitzpatrick)

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—Eileen

Happy Valentine's Day to all my favorite "Roasters!" Hope last weekend wasn't too exhausting, 'cause another wild one is on its way! "Let's roast!!"
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Mulk

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Mike

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